

Obesity

Disease Information Packets – Slide Sets



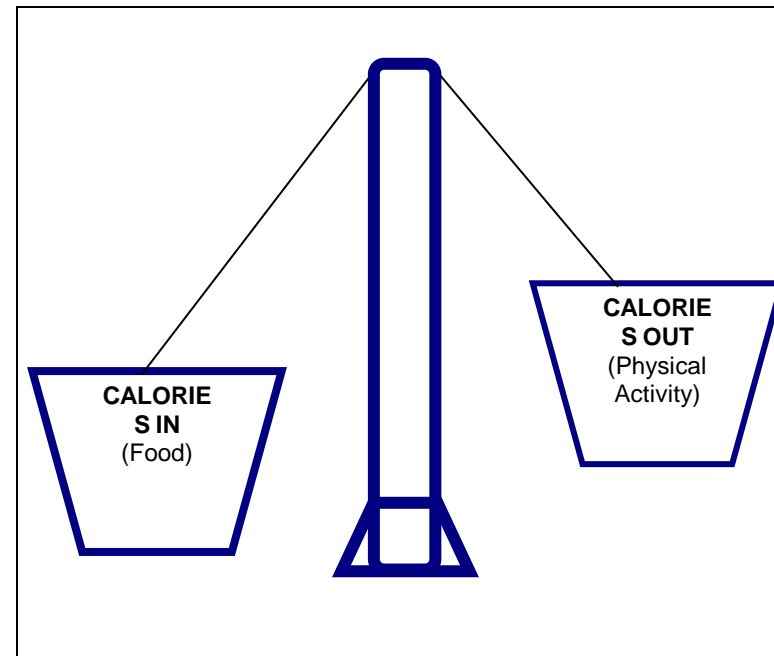
Public Health Services,
Community Health Statistics

8/2010

What is Obesity?

Obesity is a condition of overweight in which an individual has a body weight greater than what is considered healthy for his or her height.

- Body weight is influenced by many factors, including: genes, metabolism, behaviors, environment, culture, and socioeconomic status.
- Simply put, excess body weight represents an imbalance between calorie intake and expenditure.



What is Obesity?

- Body mass index (BMI) reflects an adult's weight in relation to his or her height.
 - Among adults:
 - BMI 25-29.9 is considered overweight
 - BMI of 30+ is considered obese
 - Among teenagers:
 - Weight \geq the 95th percentile for all teens of the same age and gender is considered obese



Demographic Risk Factors

- **Age**
 - The risk of becoming obese increases with age.
 - 8 out of 10 obese children will become obese adults.
- **Gender**
 - Men are more likely to be overweight, but women are more likely to be obese.
- **Race/Ethnicity**
 - Currently in the United States, Blacks and Hispanics have the highest percentage individuals who are obese.
- **Genetics/Family History**
 - Obesity risk is 2-3 times higher for a person with a family history of obesity.
 - Only 1-5% of obesity cases are due to genetic disorders.



Social and Behavioral Risk Factors



- **Poor Nutrition**
 - Availability of nutritious food can make healthier choices difficult.
 - The media may contribute to poor nutritional choices and increased snacking among children.
- **Lack of Physical Activity**
 - Increased TV and computer time are associated with increased likelihood of obesity in children
 - 4 out of 10 of American adults do not engage in any leisure time physical activities.

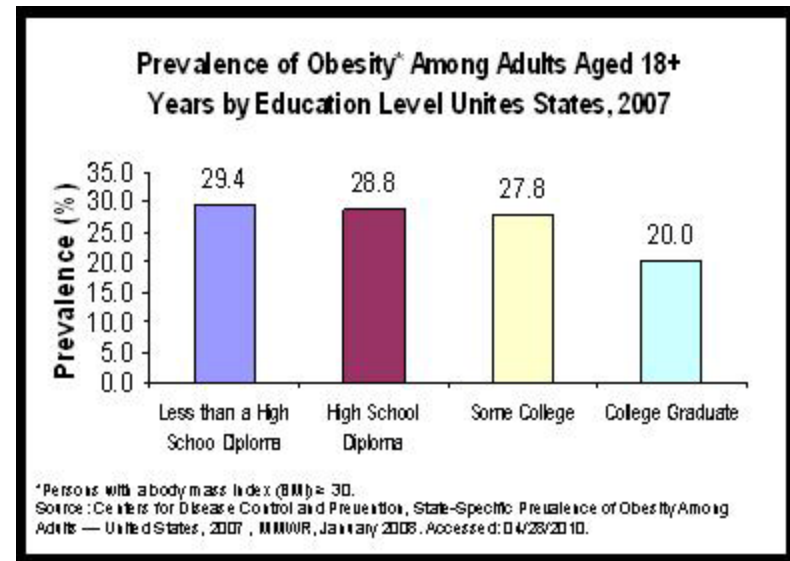
Social and Behavioral Risk Factors

- **Poverty/Low Income**

- In 2008, the number of obese adults increased with decreasing income
- Communities which are not safe, or lack access to affordable fresh food can act as barriers to a healthy diet, and discourage physical activity.

- **Lower Education**

- The percentage of obese adults decreases as education level increases.



Intermediate Conditions

- **Premature Death**

- Obesity can double the risk of premature death from all causes.
- 300,000 deaths per year may be due to obesity.

- **Heart Disease**

- Heart disease risk is higher for people who are overweight or obese.
- Obese people have double the rate of high blood pressure as people with normal weight.

- **Diabetes (Type II)**

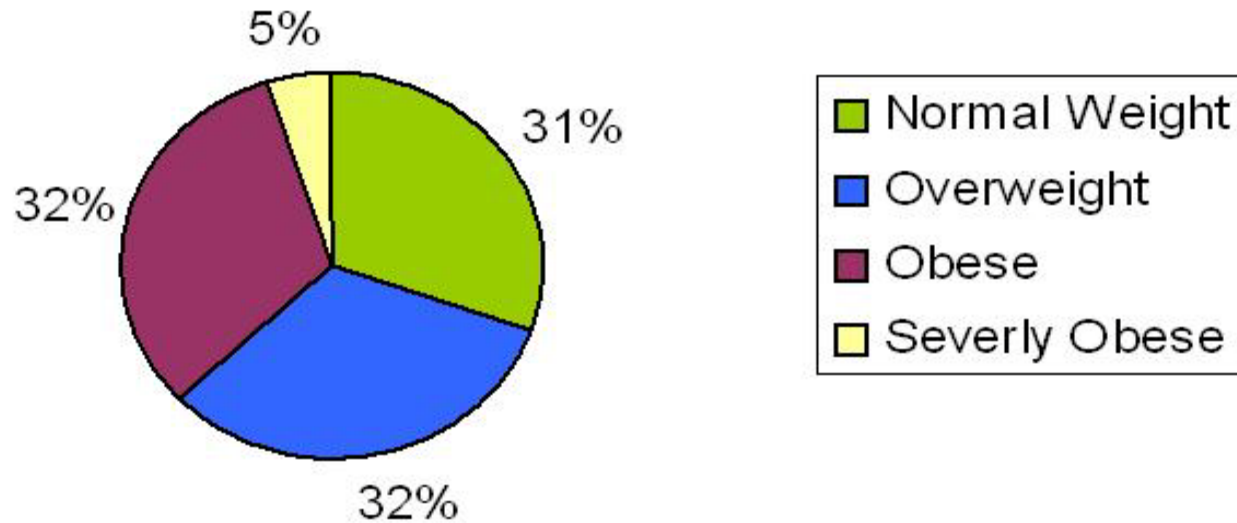
- Weight gain of 11-18 pounds doubles the risk of Type II diabetes.
- More than 80% of people with diabetes are overweight or obese.

Intermediate Conditions

- **Cancer**
 - Obesity increases risk for colon, prostate, breast and other cancers.
- **Reproductive Complications**
 - Obese women may suffer from infertility
 - Obesity increases risk of birth defects, gestational diabetes, and maternal and fetal death
- **Additional Risks Due to Obesity**
 - Sleep apnea and asthma
 - Arthritis
 - Gall bladder disease, incontinence, increased surgical risk, and depression
 - Decreased quality of life by limiting mobility and physical endurance, and increasing social, academic, and job discrimination

National Statistics

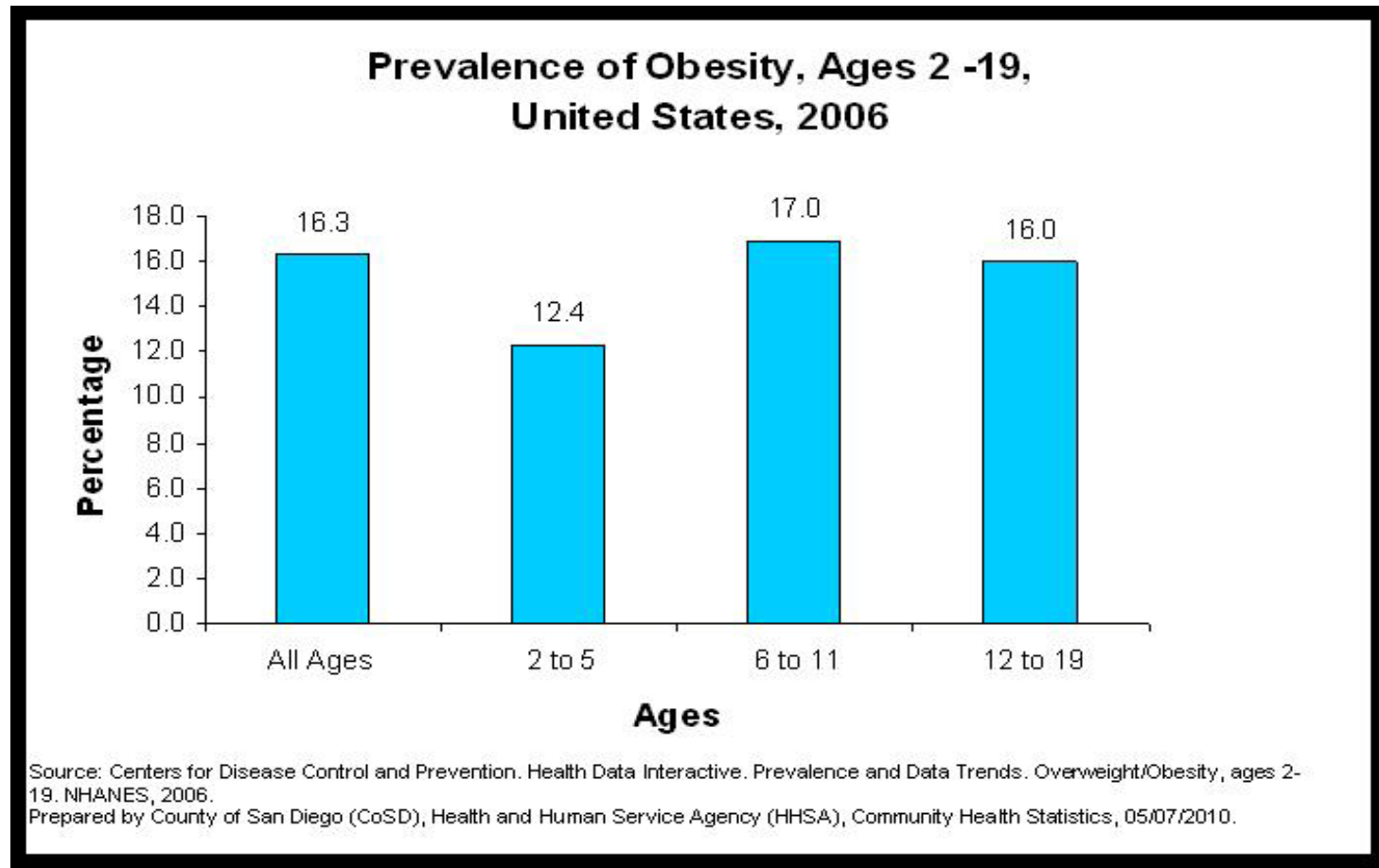
**Age-Adjusted Weight Status of Adults
Age 20+, United States, 2006**



Source: Centers for Disease Control and Prevention. Health Data Interactive. Prevalence and Data Trends. Overweight/Obesity, 20+. NHANES, 2006.
Prepared by: County of San Diego (CoSD), Health and Human Service Agency (HHSA), Community Health Statistics, 05/07/2010.

In 2006, 1 out of every 3 Americans was considered obese.

National Statistics



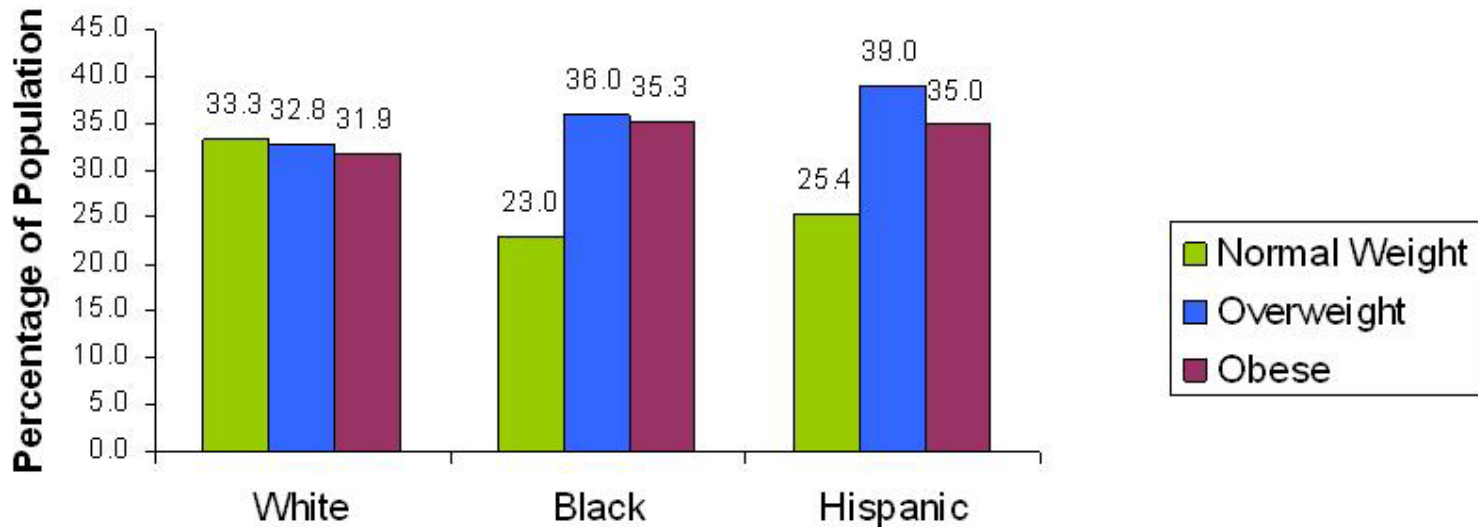
In 2006, nearly 1 in 6 children, ages 2 – 19, were considered obese.

National Disparities

- Hispanic Americans, African Americans, Native American and Pacific Islanders have higher obesity rates than whites, particularly among women and girls.
- In 2006-2008, obesity among Blacks was 51% higher than whites, and 21% higher among Hispanics than whites.
- In 2008, more men (43%) were overweight than women (30%).

National Disparities

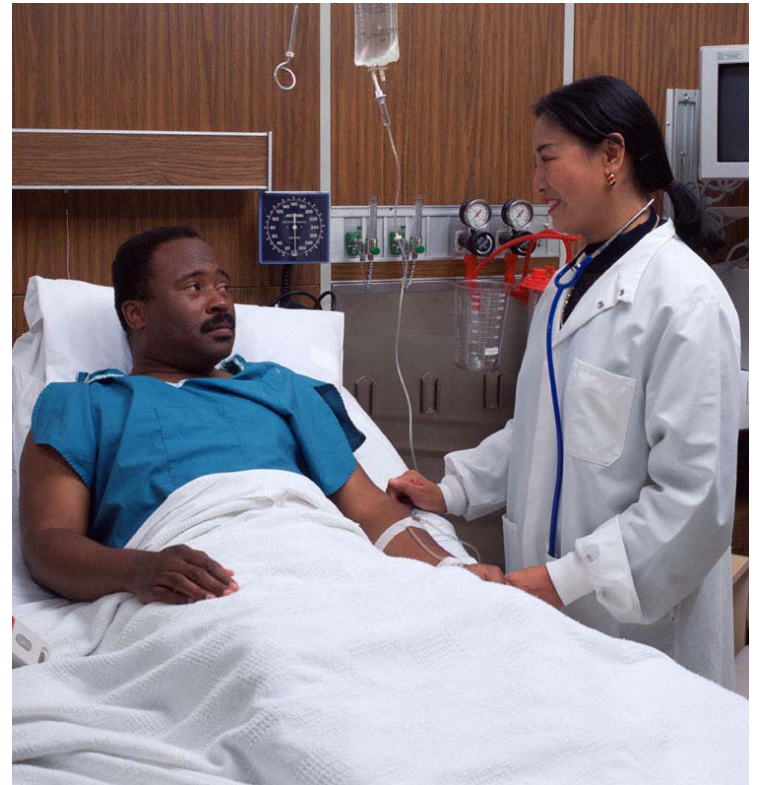
**Weight Status Among Ages 20+ by Race/Ethnicity,
United States, 2006**



Source: Source: Centers for Disease Control and Prevention. Health Interactive Data. Overweight/Obesity, ages 20+. NHANES, 2006.
Prepared by County of San Diego (CoSD), Health and Human Service Agency (HHSA), Community Health Statistics, 05/07/2010.

Cost

- In 2000, the cost of obesity in the United States was about \$117 billion.
 - This includes direct medical costs and loss of productivity.

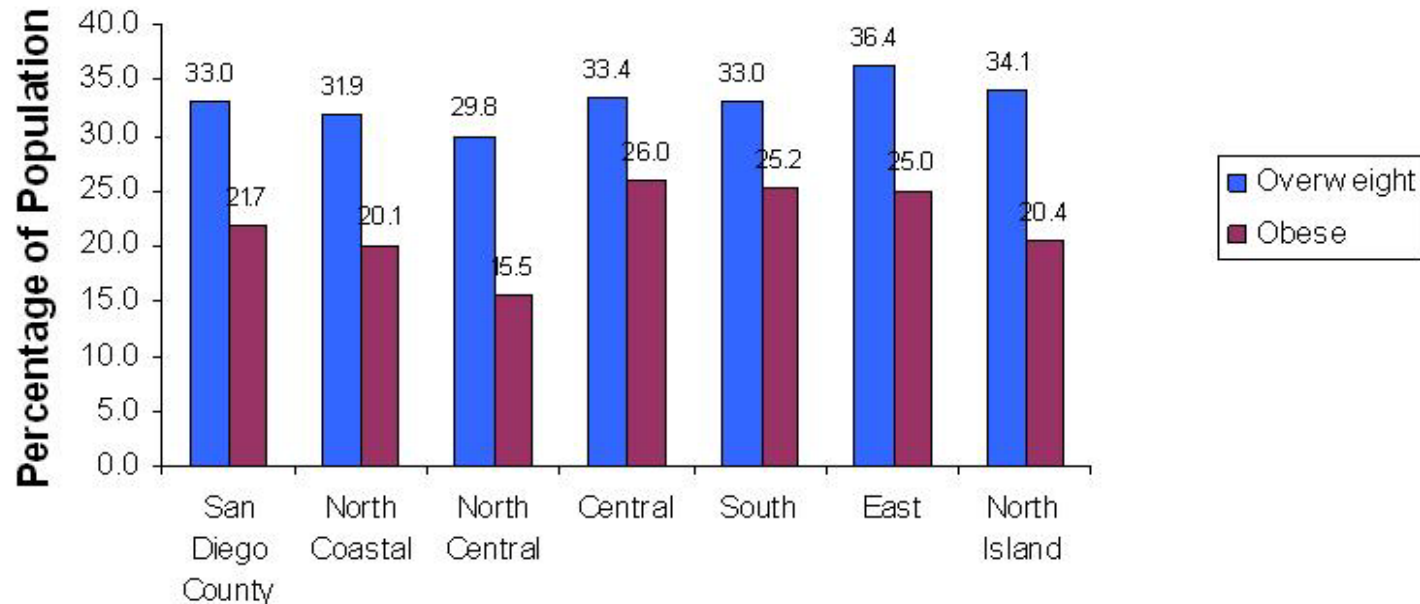


Local Statistics

- In San Diego County:
 - 1 out of every 3 adults (aged 20 years and older) were overweight in 2007.
 - 1 out of every 5 adults (aged 20 years and older) were obese in 2007.
 - 1 out of every 6 children (aged 2-19 years) were overweight or obese in 2005.

Local Statistics and Disparities

Overweight and Obese Weight Status Among San Diego County Adults* by Region, 2007



*Aged 20+.

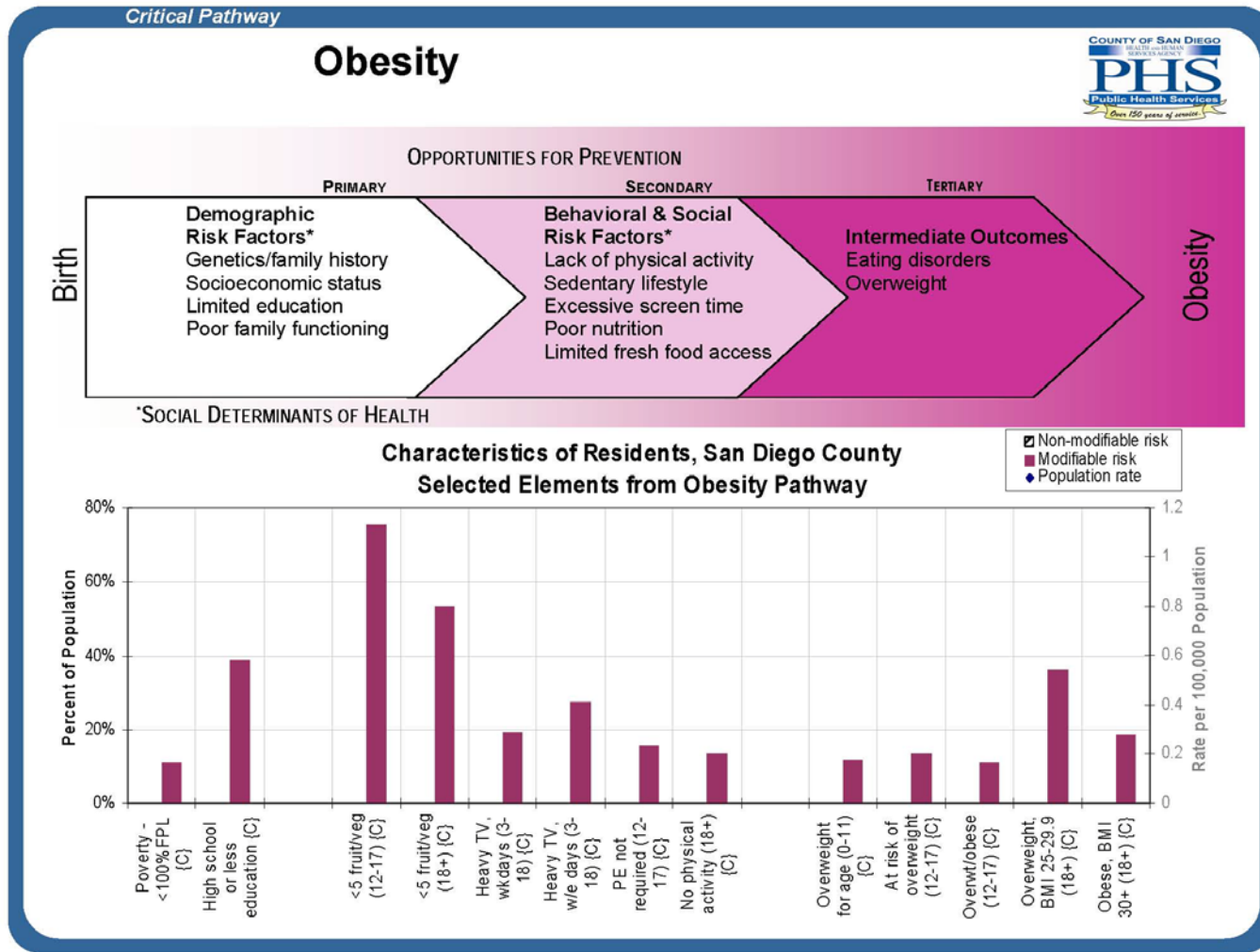
Source: County of San Diego, Health and Human Services Agency, Community Health Statistics Unit, Community Profiles, CHIS, 2007.
Prepared by County of San Diego, Health and Human Services Agency, Community Health Statistics 05/07/2010.

Prevention

- Control portion sizes, eat regularly
 - Eat nutrient-dense food versus calorie-dense food
 - Follow the Dietary Guidelines for Americans
(www.health.gov/dietaryguidelines)
- Incorporate physical activity into everyday routines.
 - Individuals should aim to engage in moderate physical activity on most days of the week.
 - Reduce time spent doing sedentary activities.



Critical Pathway to Obesity



04/09

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